



Fit NOLA School Based Recreation and Nutrition Survey

We invite you to complete the following survey to understand where Fit NOLA can help balance partnerships between schools and physical activity/nutrition programming. The survey includes 4 sections:

- The physical activity section has 17 questions related to practices for how and when students have access to recreation. The physical activity assessment is designated for either elementary schools or high schools.
- The nutrition section features 9 questions related to policies and practices around youth access to nutritious foods in the school.
- The wellness section consists of six questions about the policies and approach to wellness as a whole.
- The farm to school section has 10 questions related to farm to school activities.

The Fit NOLA School Sector will analyze and aggregate survey data to connect schools with external resources and determine designations based on all survey submissions. As possible, the designations will be paired with incentives supportive of student health.

Fit NOLA will not report survey responses in association with school names, only the designation, unless approved by the school completing the survey.

***Please answer multiple choice questions by highlighting your answer in bold or a different color.**

General Information: *(Optional)*

School Name:

Number of Students in

School:

Grades Served:

School Principal:

School Contact Name:

School Contact Title:

**School Contact Phone
Number:**

School Contact Email:

**Individual Administering
Survey:**

**Survey Administrator
Organization:**

**Survey Administrator Phone
Number:**

Survey Administrator Email:

Date Survey Completed:

K-8 Physical Activity Section

- 1. Does your school have a recess?**
 - a. Yes.
 - b. Yes, but not daily.
 - c. No.
- 2. Is the recess structured?**
 - a. Yes
 - b. No
- 3. Is recess ever removed from the school day as a punitive measure for poor student behavior?**
 - a. Yes.
 - b. No.
- 4. How many minutes of the school day are dedicated to recess?**
 - a. None
 - b. Less than 20 minutes
 - c. One recess 21 minutes or longer
 - d. Multiple recesses, each less than 20 minutes
 - e. Multiple recesses, each 20 minutes or longer
- 5. Does your school have an outside facilitator that enters your school to assist in providing physical education opportunities to your students?**
 - a. Yes
 - b. No
- 6. Does your school offer a physical education class?**
 - a. Yes, all students are required to participate.
 - b. Yes, student participation is optional.
 - c. No, but we are looking to implement one.
 - d. No.
- 7. How many days a week does each student spend in a physical education course?**

1	2	3	4	5
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- 8. How many minutes of the school day are dedicated to each physical education course?**
 - a. 0 – 15 minutes
 - b. 16 – 30 minutes
 - c. 31 – 60 minutes
 - d. 61 – 90 minutes
- 9. Does school staff implement a curriculum in the physical education class?**
 - a. Yes, one that our staff created.

- b. Yes, one designed by another organization.
- c. No.

- 10. What are the funding sources for your school's physical education opportunities?**
- 11. How many people in the building are strictly dedicated to physical activity?**
- 12. Does your school have equipment for physical activity classes? (e.g., basketballs, jump ropes, volleyball nets, etc.)**
- a. Yes
 - b. No
- 13. Does your school have space designated for physical activity? (choose all that apply)**
- a. Gym
 - b. Green Space
 - c. Open lot
 - d. Classroom
 - e. Cafeteria
 - f. Other: _____
- 14. Are teachers encouraged to incorporate physical activity into the classroom? (e.g., through in-class physical activity breaks, brain breaks, or other means)**
- a. Yes, physical activity in the classroom is encouraged by the administration
 - b. Yes, physical activity in the classroom is allowed but not formally encouraged
 - c. No
- 15. Are there organized after school activities that include structured physical activities?**
- a. Yes
 - b. No
- 16. If there are after school activities that include structured physical activities, are such programs open to both girls and boys?**
- 17. Does your school partner with outside agencies to promote physical activity in school?**
- a. Yes
 - b. No

a. If yes, which agencies?

High School Physical Activity Section

- 1. Are students able to go beyond physical education requirements as set by Louisiana legislature (1.5 physical education credits for graduation)?**
 - a. Yes
 - b. No
- 2. If students are able to do more than 1.5 physical education credits, what options are available to earn more physical education credits? (i.e.: electives, other health classes)**
- 3. Are teachers encouraged to incorporate physical activity into the classroom?** (e.g., through in-class physical activity breaks, brain breaks, or other means)
 - a. Yes, physical activity in the classroom is encouraged by the administration
 - b. Yes, physical activity in the classroom is allowed but not formally encouraged
 - c. No
- 4. Are there other opportunities for physical activity outside of physical education class?**
 - a. Yes
 - b. No
- 5. Does your school offer interscholastic sports?**
 - a. Yes
 - b. No
- 6. Does your school offer intramural sports?**
 - a. Yes
 - b. No
- 7. Are there interscholastic or intramural sports programs open to both girls and boys?**
 - a. Yes
 - b. No
- 8. Are there organized after school activities that include structured physical activities?**
 - a. Yes
 - b. No
- 9. What other opportunities do students have for out-of-school time physical activity?**

- 10. Does your school offer a health class separate from physical education?**
a. Yes, health class is a separate class from physical education courses
b. No, health and physical education courses are combined
c. Other: _____
- 11. Does school staff implement a curriculum in the physical education class?**
a. Yes, one that our staff created.
b. Yes, one designed by another organization.
c. No.
- 12. Does school staff implement a curriculum in the health class?**
a. Yes, one that our staff created.
b. Yes, one designed by another organization.
c. No.
- 13. What are the funding sources for your school's physical education opportunities? Check all that apply:**
☐ School budget
☐ Grants (city-level)
☐ Grants (state-level)
☐ Grants (national-level)
☐ Private donor(s)
- 14. How many people in the building are strictly dedicated to physical activity?**
- 15. Does your school have equipment for physical activity classes?**
- 16. Does your school have space designated to physical activity?**
a. Gym
b. Green Space
c. Open lot
d. Classroom
e. Cafeteria
f. Other: _____
- 17. Does your school partner with outside agencies to promote physical activity in school?**
a. Yes
b. No
- b. If yes, which agencies?**

Nutrition Section

- 1. Does your school sell food and beverages outside of the school meal program?**
 - a. Yes, we sell food and beverages
 - b. Yes, we only sell food
 - c. Yes, we only sell beverages
 - d. No.

- 2. Do the food and beverages sold outside of the school meal program in your school currently meet Louisiana's guidelines for foods and beverages sold in public schools (according to Senate Bill No. 146, Act No. 331) and the USDA's Smart Snacks in schools guidelines?**
 - a. Yes.
 - b. Yes, the food meets the standards but the beverages don't
 - c. Yes, the beverages meet the standards but the food doesn't
 - d. Yes, it meets Louisiana guidelines but not USDA guidelines
 - e. Yes, it meets USDA guidelines but not Louisiana guidelines
 - f. No.
 - g. I do not know.

- 3. Is there a school policy regarding using food as a reward in the classroom?**
 - a. Yes.
 - b. No.

- 4. Does your school have a school garden?**
 - a. Yes, and students use it regularly.
 - b. Yes, but students do not have access to it.
 - c. No, but we are building one.
 - d. No.

- 5. Does your school have fundraising policies that do not allow unhealthy foods to be sold for the school or school groups?**
 - a. Yes
 - b. No

- 6. Does your school partner with outside agencies to promote nutrition in school?**
 - a. Yes
 - b. No

If yes, which agencies?

Wellness Section

- 1. Does your school have a health and wellness mission statement?**
 - a. Yes
 - b. No, but we are creating one.
 - c. No

- 2. Does your school have a health and wellness committee?**
 - a. Yes, there is one at the building level
 - b. Yes, there is one at the network/district
 - c. No, but we are developing one.
 - d. No

- 3. Does your school have a health and wellness policy?**
 - a. Yes, there is one at the building level
 - b. Yes, there is one at the network/district
 - c. No, but we are developing one.
 - d. No

- 4. Does your school have a 100% tobacco-free policy?**
 - a. Yes
 - b. No, the policy only prohibits smoking, not all tobacco use
 - c. No, the policy doesn't include off-campus events
 - d. No

- 5. What are your physical activity, nutrition, and other wellness goals for the school?**

- 6. What are the barriers you face in achieving these goals?**

Farm to School Section

This information is being collected in collaboration with **The Healthy School Food Collaborative (HSFC)** as part of a project funded by the USDA. The goal of the project is to identify obstacles to incorporating farm-to-school practices and inform the design of future farm-to-school program implementation in New Orleans.

In the check boxes below, please identify whether your school consents to releasing the responses to the next 10 questions to the **HSFC**.

- ☐ Yes, I, as a representative of _____ school, consent to releasing the responses to the following 10 questions in association with the name of my school to **The Healthy School Food Collaborative**.
- ☐ No, I do not consent to the release of the responses to the following 10 questions to **The Healthy School Food Collaborative**.

1. **How often does your school offer local food during the school year?**
 - a. We offer at least one local food daily as a snack or as part of a meal throughout the school year
 - b. We offer at least one local food a week as a snack or as part of a meal throughout the school year
 - c. We offer at least one local food a month as a snack or as part of a meal throughout the school year
 - d. We do not offer local food at this time
2. **Where does your school get local food? (circle all that apply)**
 - a. We purchase local foods that are available from our distributor
 - b. We purchase local foods directly from farmers or farmers markets
 - c. We have a growing plan with a farmer / school garden / community garden
 - d. We do not purchase local foodsOther _____
3. **What equipment or capital improvements has your school made to support farm to school?**
 - a. We have made minor changes in our kitchen and/or purchased small items such as knives or food processors to support minimal prep of local foods
 - b. We have made significant changes to our kitchen that support serving local foods (salad bar purchases, steamers, etc)
 - c. We have made major changes to our kitchen that support serving local foods (remodeling, capital equipment purchases such as freezers etc)
4. **How does your school educate students about local food? (Circle all that apply)**
 - a. We hang posters and educational materials and create other simple educational messages such as announcements on local food
 - b. We provide nutrition education in the classroom and link the education to local foods when appropriate
 - c. We make farm field trips with students OR have farmers visit our school
 - d. Other _____

- 5. Does your school involve community partners / volunteers to support your farm to school activities?**
- a. Our school is highly effective in involving community members through regular well planned events
 - b. Our school is somewhat effective in involving community members through regular well planned events
 - c. Our school is not effective in involving community members. Events are not regular and/or well planned.
- 6. Does your school specify farm to school efforts in your wellness policy?**
- a. Yes
 - b. No, but we are creating one.
 - c. No
- 7. Does your school garden have institutional support from the school?**
- a. The garden is well supported from the top down. The garden is a part of the school's vision / mission
 - b. The garden is somewhat well-supported from the top down OR the garden is loosely a part of the school's vision / mission
 - c. The garden is not supported from the school staff OR the garden is not a part of the school's vision / mission
- 8. Does your school garden have a reliable funding source for the school garden?**
- a. A reliable funding source has been identified and the school's budget includes a line item for the school garden.
 - b. A somewhat reliable funding source has been identified or the school's budget does not include a line item for the school garden.
 - c. A funding source has not been identified and the school's budget does not include a line item for the school garden
- 9. Is a standards based garden curriculum used to teach garden lessons?**
- a. Yes
 - b. No
- 10. Which statement best reflects teacher involvement at your school in the garden ?**
- a. Many teachers use the garden for instruction across subject areas
 - b. Some teachers use the garden for instruction across subject areas
 - c. Few teachers use the garden for instruction or teachers from only one subject area use the garden for instruction
 - d. No teachers use the garden